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Report of conference on October 7, 1933, at  
U. S. Department of Agriculture, Washington, D.C. MAR 15 1934  
U.S.D. DEPT. OF AGRICULTURE

The Federal Emergency Relief Administration has announced that it will make every effort to see that families receiving public aid are well fed. As part of this extensive relief program the Agricultural Adjustment Administration is arranging for the purchase and use of surpluses which are keeping the farmer from getting a fair price for the food and other products he has to sell and so retarding economic recovery. This situation offers a great opportunity for home economics workers to render important public service.

The largest number of people in history are on relief and the largest amount of money is being spent.

The bulk of emergency relief expenditures in the United States today goes directly or indirectly for food.

Relief allowances for food are necessarily low and often inadequate.

A majority of people on food relief allowances lack knowledge as to how to make necessary adjustments.

There is an opportunity to intensify and make more practical the programs of educational agencies already under way.

There is need of assistance to combat any further increase of malnutrition.

In order to outline the services which home economics workers are prepared to furnish, and to work out with the Federal Emergency Relief Administration a plan by means of which these groups could be used effectively, the Consumers' Counsel and the Bureau of Home Economics jointly called a conference in Washington on October 7, 1933, to discuss this problem. The list of those present is appended.

The following resolutions and reports sum up the recommendation of the conference and are indicative of the willingness of home economists to place their services at the disposal of Federal, State, and county relief administrators.

#### RESOLUTION I

We respectfully urge the Federal relief administrator to recommend to all State relief administrators that they set as a minimum standard for food relief in their respective States not less than the restricted emergency diet advocated by the U. S. Bureau of Home Economics and the U. S. Children's Bureau, with the expectation of improving this allowance as rapidly as circumstances permit.

Such recommendations from the Federal relief administrator are urgently needed:

1. To serve as a guide to State relief administrators.
2. To reenforce them in their contacts with local committees.
3. To shorten the period otherwise required for the slow process of education with respect to food relief and to bring about the liberalization of sentiment on the part of responsible local persons and agencies in time to prevent further serious increases in child nutrition and family ill health.

## RESOLUTION II

This conference goes on record as urging that the Federal Emergency Relief Administration:

1. Suggest to each State relief administration the desirability of including on the State relief committee one or more women with home economics training to be appointed in consultation with the emergency relief committee of the State home economics association.
2. Recommend to each State relief administrator that he secure as a member of his staff a home economics woman with special training in nutrition and with a first-hand knowledge of State conditions, to aid in adapting the food relief program to recognized standards of nutrition and to establish contacts between local relief agencies and home economics workers. This person should be selected in consultation with the emergency relief committee of the State home economics association and should be able to coordinate the educational work arising out of the relief program with educational programs already under way in the State. The temporary loan of a qualified person could perhaps be secured from some existing agency in the State, as has been the case in Ohio and Illinois.

In carrying out the plans of the Federal Emergency Relief Administration for the distribution of food surpluses, the services of such a person would be of special value, and we therefore urge immediate consideration of this proposal.

The possibilities of making such a nutrition service an integral part of a State relief administration are outlined. Such a program could easily be enlarged to cover other services to home life. We believe that the educational values of such a plan would give to emergency relief a permanent social value.

## A NUTRITION SERVICE IN THE STATE RELIEF ADMINISTRATION

1. To secure efficient use of money spent for relief.
2. To develop an educational program to make the relief program constructive.
3. To insure that the family on relief receives foods to meet as nearly as possible such standards as those set up by the Bureau of Home Economics and the Children's Bureau.

### Personnel

Such a nutrition service would consist of a State director and such assistants as may be needed as the program develops. Determination of personnel would be made after taking into consideration all available nutrition services and resources in the State.

### Functions of the State Director of Nutrition Service

1. Types of assistance to relief agencies:

Translate dietary standards for relief families proposed by such organizations as the U. S. Bureau of Home Economics and the U.S. Children's Bureau into weekly food lists using seasonable low-cost foods.

Prepare menus and recipes based on weekly food lists which can be passed on to the families.

Make and check food lists and budgets.

Secure special diet lists for common dietary diseases, utilizing as far as possible low-cost foods.

Advise in plans for reducing costs of food relief.

Help arrange for distribution of surplus foods.

Acquaint regional relief directors with home economics educational services available, such as home demonstration agents, home economics teachers, dietitians and chairmen of home economics relief committees of the State home economics association.

2. Types of assistance to relief families:

Teach the family on relief how to select, buy, and prepare low-cost foods and plan meals from them so that the health requirements of the family are met in so far as possible.



Teach the family how to prepare foods necessary in the low-cost diet which have been unfamiliar to them.

Teach efficient methods of preservation and storage of garden produce and other food surpluses.

3. Cooperation with other agencies in the field:

Make a plan for working with and through the home economics agencies in the field. For example, there might well be home economics advisory committees in each county, and usually also in cities with a population over 60,000. These committees would advise with local relief agencies and assist in carrying out the educational plans of the State relief administration.

Assist P.T.A. and other community service organizations in carrying out their plans for educational work with families on low income.

Establish contacts and cooperation with State as well as local organizations that can assist in carrying out the program, as for example public health nurses, social workers, medical and dental associations, grocers and other trade associations.

Prepare subject matter helps which home economics and service agencies in the State can use.

The following suggestions were offered with reference to local surpluses of important foods too small to come within the activities of the Federal Surplus Relief Corporation.

1. Surplus products should be located through existing agencies such as State department of agriculture, State agricultural college, State vocational teachers cooperating with their local units. This information to be filed with the State emergency relief administrator.
2. From these data, plans for distribution to be worked out by the extension service and presented to the State emergency relief administrator for approval.
3. Where necessary these plans should include suggestions for work relief jobs.
4. The problem of interstate exchange of needed products for good nutrition should be considered.

#### MEMBERS OF THE CONFERENCE

Louise Stanley, chief of the Bureau of Home Economics, presiding.  
Consumers' Counsel, A.A.A.: Frederic C. Howe, Mrs. I. C. Walker, Mary Taylor, Mildred Morris.  
Federal Emergency Relief Administration: E. L. Kirkpatrick, Mary Mason, Jacob Baker, Mrs. Ellen S. Woodward.  
American Home Economics Association: Frances Zuill, president, Alice L. Edwards, executive secretary, Helen W. Atwater, editor.  
American Dietetics Association: Kate Daum, president.  
Cornell University, College of Home Economics: Flora Rose, director.  
Merrill-Palmer School, Detroit, Mich.: Edna N. White, director.  
Elizabeth McCormick Memorial Foundation: Mary Murphy.  
Association for Improvement of Condition of Poor: Lucy Gillett.  
American Red Cross: Melva B. Bakkie.  
Federal Board for Vocational Education: Adelaide S. Baylor, chief, Home Economics Service; Florence Fallgatter, special agent, Home Economics Service.  
Federal and State Cooperative Extension Service: Maude E. Wallace, Virginia State Leader; Lelia C. Ogle, Ohio Nutrition Specialist; Mrs. Annette T. Herr, Massachusetts State Leader; Miriam Birdseye, Federal Nutrition Specialist; Venia M. Kellar, Maryland State Leader; Gertrude Warren, Federal Club Organization Specialist; Mrs. Ola Powell Malcolm, Federal Senior Home Economist, Southern States.  
Bureau of Home Economics: Hildegard Kneeland, Mrs. Rowena Schmidt Carpenter, Hazel K. Stiebeling, Hazel E. Munsell, Ruth Van Deman, Ethel Smith, Florence B. King, Ruth O'Brien.

#### COOPERATION GIVEN TO AGENCIES ADMINISTERING FOOD RELIEF BY STATE AND COUNTY HOME DEMONSTRATION WORKERS OF THE COOPERATIVE EXTENSION SERVICE 1932-33

Summarized by Miriam Birdseye, Extension Nutritionist

1. Assisting State Relief Administrations and county or local relief agencies for food relief; working out grocery lists, menus and recipes for the use of relief clients and for families on diminishing incomes, based on these standards.

In a number of States the extension nutritionist or the State home demonstration leader has served in a recognized advisory capacity to the State Relief Administration in such matters. Some examples are, New Jersey, North Carolina, South Carolina, Alabama, Mississippi, Florida, Louisiana, Arkansas, Nevada, Oregon. In Ohio the extension nutritionist has been loaned for full time service in the State Relief Administration.

Many county home demonstration agents have served as members of county relief committees or as recognized advisors. In some counties in Nevada and a few other States food relief is distributed under the home demonstration agent's direction.

2. Teaching social service and welfare workers and public health nurses the essentials of low-cost balanced diets, meal planning and foods buying, and providing material for them to distribute to needy families.
3. Discussing essentials of low-cost diet with groups of grocers serving relief families.
4. Instructing groups of relief clients in the use of food orders or rations; showing meals planned from a week's food order; training selected leaders to present this material to groups of relief clients; exhibits. Demonstrating bread making from Red Cross flour, use of native cereals.
5. Contributing through the papers and over the radio a volume of information on low-cost diet, menus and recipes, canning, drying, storing, and thrifty practices.
6. Planning and directing home and community garden campaigns and community food preservation activities; planning, organizing, equipping, and directing community canning plants for use of families on relief, working out canning budgets. Training community leaders and managers for these enterprises.
7. Assisting directors of county child care institutions and homes for the indigent and aged, in planning balanced meals on a reduced budget, planning a yearly food supply to insure adequate nutrition, and food preservation. In Arkansas, the extension nutritionist was asked by the Governor to consult with all State charitable and penal institutions on food budgets and menus.
8. Organizing and directing the feeding of undernourished children through the school lunch. Training leaders for this work; encouraging the canning budget for the school lunch.

In addition to the activities listed above many thousands of borderline families, who might otherwise have become relief cases, have been helped through the live-at-home program initiated and promoted by the Cooperative Extension Service to produce the essentials of a balanced diet, and thus remain self supporting.

State and county home demonstration agents in Southern States have helped plantation owners work out balanced maintenance diets for tenants during the winter and have influenced and assisted large and small landholders and plantation owners to develop the live-at-home program with their tenants, thus reducing the relief load, combating child malnutrition and substantially reducing the number of pellagra cases.

The help of the many farm and rural women who have received special training in order to serve as local foods and nutrition leaders, has been invaluable both in forming public opinion and in teaching their neighbors or town or city groups such skills as gardening, vegetable cookery, canning, drying, meat canning, bread making, meal planning, food needed for children. More than 50,000 such leaders were reported as helping to carry on the program in 1932.



NUTRITION PROJECTS REPORTED BY THE STATES DURING 1932-33,  
AS PRESENTED BY THE FEDERAL BOARD FOR VOCATIONAL EDUCATION

Class projects

1. With funds made available through local P.T.A., a high school home economics class planned, purchased, and prepared lunch for grade school children of the unemployed. The planning included weighing of children, calculating individual needs, and careful tabulating of results.
2. Home economics students solicited surplus milk from people in the community who kept cows and brought it to school and served it to undernourished children.
3. The "food basket" or "food allowance" was used in many classes as a basis for much of the instruction in foods and nutrition.
4. The barter system for hot lunch was used in rural groups.
5. Opportunity was given to high school girls who were found to be in actual need of food, to prepare especially nourishing dishes in regular foods classes.
6. In class, the home situation was considered and kinds of foods available in these homes were used in planning day's dietaries.
7. Emphasis was placed on nutritious meals on a limited amount of money.
8. In adult class, women were taught variety of uses of the flour distributed by the emergency agency.

Individual projects

1. Cooperative live-at-home projects (agriculture and home economics) have resulted in the introduction of a wide variety of green vegetables, the production of more milk and dairy products for home consumption, and an increase in the amount of food preserved for home consumption.
2. In home projects, girls made own gardens and canned a variety of vegetables and fruits for more adequate winter diets.
3. Many home projects were reported in which the diet for some member of the family who needed special types or amounts of food was planned and prepared.
4. The school lunches for younger brothers and sisters were planned and prepared by home economics students in an effort to improve the diets of these children.

Projects in cooperation with local agencies

1. In many cases, all persons receiving food from relief agencies were required to attend classes in nutrition and food preparation.
2. P.T.A.'s, Red Cross, Welfare Boards, churches, women's clubs, business and professional women's clubs, men's civic clubs, and State tuberculosis associations, have cooperated with home economics departments in their various undertakings to improve the nutrition of individuals and families or groups. In many cases, the money for food supplies was furnished by these organizations.

Teacher activities

1. Assistance was given to cafeteria directors in planning special high-calorie-low-cost dietaries for the school children.
2. Recipes for the dishes which children especially liked at the cafeteria were printed in the local paper to encourage mothers to prepare them at home.
3. Leaflets and newspaper articles were distributed to pass helpful information on to homes.
4. The cooperation of local physicians and distributors of Fleischmann's yeast was obtained in providing yeast for pupils or members of families who were suffering from pellagra. The home economics teacher through careful guidance of home projects of pupils, assisted in securing corrective diets for the patients affected.